



MOVE IT!

QUARTERLY FITNESS PASS

AFFORDABLE, FLEXIBLE, CONVENIENT!

Time to MOVE IT with our easy quarterly fitness pass. No more individual class registrations and associated fees! With the purchase of the MOVE IT quarterly pass, take unlimited number and combination of fitness classes that your schedule allows. One registration, ultimate flexibility. Simply present your pass at class. **It's easy, it's affordable, so what are you waiting for? MOVE IT!**



Body Sculpting

Does your body need toning or shaping? Want to add some curves and definition in all the right spots? This 45-minute class could give you a new look without the chisel. We start with a 10-minute aerobic warm up, then move on to exercise for the upper body, abdominal, glutes, and legs. Exercise to music, and end with feel-good stretches. Weights will be discussed at first class.

C.D.S.—Cardio, Dance, Sculpt

Put the fun back into your workout! This class uses easy dance-based moves combined with upper and lower body sculpting exercises. For all levels. It will give you an all in one total body workout. You will leave this class feeling happy and fit!

Cardio Kick Box!

Kick your energy level into high gear with this full body conditioning workout that combines elements of boxing and martial arts. This class will focus on achieving increased heart and lung function, muscle tone and flexibility. With a series of fast paced jabs, punches, kicks and twists, incorporating a focused warm up and cool down stretch, you'll be sweating in no time!

Circuit Training

Aerobics + Strength Training = Great Results! Use the step, hand weights, rubber tubing, and aerobics in timed intervals to build strength and endurance. Our students report it's their favorite class! Bring hand weights and a mat to class.

North Kirkland Comm. Center
12421 103rd Ave NE
Kirkland • 425.587.3350

Dance Aerobics

Let's move and have fun international-style! Dance aerobics will take you for a trip around the world, featuring popular dance styles from salsa and tango to Bollywood, belly dance, country line dance and hip hop. You'll have so much fun, you'll forget you're exercising! Appropriate for all levels of fitness.

PiYo® LIVE

PiYo® LIVE combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small. We crank up the music, the speed, and the fun to give you an intense, yet low-impact workout that will burn crazy calories for a long, lean, beautiful physique. You'll sweat, stretch, and strengthen—all in one PiYo workout!

Power Hour

This is the opportunity to change your workout! Using interval training, you'll move from cardio to weight bearing exercise. Your strength and endurance will be tested with isometric, plyometric, Pilates and yoga stretches. This class will transform the way you look and feel. The routine is always changing, which maximizes fat burning and body sculpting that you'll be seeing in no time! Get pro-active about your workout and break away from your regular routine with the Power Hour!

Red Hot Dance Fitness

Red Hot Dance Fitness combines the hottest music with every genre of dance. For all levels, easy to follow dance moves set to your favorite songs. An invigorating, exhilarating, liberating and calorie burning dance party that will have you addicted from the first beat!



STILL MORE AFFORDABLE THAN YOUR LOCAL FITNESS CLUB!

SPRING 2016 MOVE IT! CLASSES

All classes below included with your Move It! Pass
Resident \$90 / Non-Resident \$108 • Class #48400

Strength and Stretch

Strengthen and tone muscles, improve your bone density to help fight osteoporosis and add flexibility to your entire body. All this and it's fun to boot! All ages welcome. Please bring mats and a large towel. Expect to see improvement within a few weeks.

Total Body Conditioning

A cardio and strength conditioning total body workout that incorporates hand held weights, resistance bands, body weight and more! You'll work up a sweat in this class and finish with a relaxing cool down and stretch.

Yoga-Candlelight Vinyasa

Flow to the glow in this fun active class that will leave you feeling rejuvenated and relaxed. Move your body as you quiet your mind. Vinyasa Yoga is a series of postures where you learn to sync movement with your breath. You will increase your flexibility, build strength and improve your balance. All ages and levels welcome, as this style encourages students to work at their own level of fitness.

Zumba®

Join us on Thursday evenings and Saturday mornings. Zumba® is a fun, dance and rhythms exercise class using mostly Latin music. Sizzling, toe, tapping, hip swiveling music makes you want to get up and move.

This schedule of classes is published for information purposes only. We strive to produce the most accurate marketing possible. However, some program information may have changed after the current activities brochure and this flyer were printed. We will make every effort to notify participants of the changes.

MORNING CLASSES

10 weeks // March 28-June 4 // No class: May 28-30

DAY	CLASS	TIME	INSTR.
Mon	Strength & Stretch	8:00-9:00am	Laura
Mon	Total Body Conditioning	9:15-10:15am	Joleen
Tue	Strength & Stretch	8:00-9:00am	Joleen
Wed	PiYo®	8:00-9:00am	Audra
Wed	C.D.S. -Cardio, Dance, Sculpt	9:15-10:15am	Laura
Thur	Strength & Stretch	8:00-9:00am	Laura
Fri	Power Hour	9:15-10:15am	Laura
Sat	Total Body Conditioning	8:30-9:30am	Joleen
Sat	Zumba	9:40-10:40am	April

EVENING CLASSES

10 weeks // March 28-June 4 // No class: May 28-30

DAY	CLASS	TIME	INSTR.
Mon	Dance Aerobics	5:30-6:15pm	Laura
Mon	Circuit Training	6:30-7:20pm	Joleen
Mon	Yoga-Candlelight Vinyasa	7:30-8:30pm	Chris
Tue	Body Sculpting	5:30-6:15pm	Sandi
Tue	Red Hot Dance Fitness	6:20-7:10pm	Carrie
Wed	Red Hot Dance Fitness	5:30-6:15pm	Carrie
Wed	Circuit Training	6:30-7:20pm	Joleen
Wed	Yoga -Candlelight Vinyasa	7:30-8:30pm	Chris
Thur	Body Sculpting	5:30-6:15pm	Sandi
Thur	Cardio Kick Box!	6:20-7:10pm	Laura
Thur	Zumba	7:15-8:15pm	April

Ages 16 through adult /// Passes are available at any time during the quarter at full price
/// PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising.

Call Recreation Hotline 425.587.3335 if class cancellation is in question.



SUMMER 2016

All classes below included with your Move It! Pass
Resident \$99 / Non-Resident \$118 • Class #48401

MORNING CLASSES

11 weeks // June 6–August 20 // No class: July 4

DAY	CLASS	TIME	INSTR.
Mon	Strength & Stretch	8:00–9:00am	Laura
Mon	Total Body Conditioning	9:15–10:15am	Joleen
Tue	Strength & Stretch	8:00–9:00am	Joleen
Wed	PiYo®	8:00–9:00am	Audra
Wed	C.D.S. –Cardio, Dance, Sculpt	9:15–10:15am	Laura
Thur	Strength & Stretch	8:00–9:00am	Laura
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

EVENING CLASSES

11 weeks // June 6–August 20 // No class: July 4

DAY	CLASS	TIME	INSTR.
Mon	Dance Aerobics	5:30–6:15pm	Laura
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Yoga–Candlelight Vinyasa	7:30–8:30pm	Chris
Tue	Body Sculpting	5:30–6:15pm	Sandi
Tue	Red Hot Dance Fitness	6:20–7:10pm	Carrie
Wed	Red Hot Dance Fitness	5:30–6:15pm	Carrie
Wed	Circuit Training	6:30–7:20pm	Joleen
Wed	Yoga –Candlelight Vinyasa	7:30–8:30pm	Chris
Thur	Body Sculpting	5:30–6:15pm	Sandi
Thur	Cardio Kick Box!	6:20–7:10pm	Laura
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Fitness

[Below class is not included in Move It pass]



Stand Up Paddleboard (SUP) Yoga

COED: Ages 10 and up

Classes combine your favorite yoga routines and put them on the water! Both yoga and stand up paddle boarding are great for building better balance, coordination, endurance, and body strength. We begin class on shore to go over the basic fundamentals of SUP; water safety, proper paddle positioning, stroke technique, and more. All levels welcome. All equipment provided. Although no SUP or yoga experience is required students should feel comfortable in open water and be able to tread water.

Location: Juanita Beach Park SUP Shack, 9703 NE Juanita Drive
Resident \$100 / Non-Resident \$120

Tuesdays, four classes per session

Tues	6–7:15pm	July 5–26	47163
Tues	6–7:15pm	Aug 2–23	47164

Thursdays, four classes per session

Thurs	6–7:15pm	July 7–28	47165
Thurs	6–7:15pm	Aug 4–25	47166



Exercise & Fitness

Pilates on Fire **NEW!**

Take simple cardio moves, add a dash of weight training and top it off with some Pilates mat exercises and you have the perfect recipe for a great workout. Pilates on Fire will give you that one, two punch that you want leaving you feeling great every day! Get fit for Spring Break and Summer fun! Come and join us for a great workout and watch your body transform before your eyes. Let's fire it up!

*Perfect for all fitness levels and ages. Students should bring a Pilates mat • Wear athletic shoes • Location: PKCC
Instructor: Susanne Wasilawski*

8 classes • Resident \$80 / Non-Resident \$96

Tue & Thur	5:30–6:30pm	Apr 12–May 5	48046
Tue & Thur	5:30–6:30pm	May 10–June 2	48047
Tue & Thur	5:30–6:30pm	July 12–Aug 4	48049

6 classes • Resident \$60 / Non-Resident \$72

Tue & Thur	5:30–6:30pm	June 7–23	48048
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Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pace suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

*Wear athletic shoes • Location: PKCC
Instructor: Joan Wilde*

4 classes • Resident \$35 / Non-Resident \$42

Thur	10:30–11:30am	Apr 7–28	47989
Thur	10:30–11:30am	May 5–26	47990
Thur	10:30–11:30am	June 2–23	47991
Thur	10:30–11:30am	July 7–28	47992

3 classes • Resident \$26 / Non-Resident \$31

Thur	10:30–11:30am	Aug 4–18	48041
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Strength & Tone Aerobics **NEW!**

Join Jane for this fun and friendly class that incorporates non-jumping aerobics with weights and strength training. All fitness levels are welcome, work at your own pace to move and feel better.

*Bring weights and bands to class • Location: PKCC
Instructor: Jane Miller*

8 classes • No class 6/7 • Resident \$50 / Non-Resident \$60

Tue & Thur	8:30–9:30am	Apr 5–28	48786
Tue & Thur	8:30–9:30am	May 3–26	48787
Tue & Thur	8:30–9:30am	May 31–June 28	48788
Tue & Thur	8:30–9:30am	July 5–28	48789

6 classes • Resident \$38 / Non-Resident \$46

Tue & Thur	8:30–9:30am	Aug 2–18	48790
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Rizzmic®

Rizzmic® is a fun, new fitness program that pairs authentic dance style with the most beloved music from the last century of American culture; from Disco and country to Jazz and Hip Hop! Old School, Jive, Show Tunes, R&R, Country Western, Funk and more. All abilities welcome.

*Wear athletic shoes • Location: PKCC
Instructor: Joan Wilde*

4 classes • Resident \$35 / Non-Resident \$42

Tue	10:30–11:30am	Apr 5–26	47985
Tue	10:30–11:30am	May 3–24	47986

3 classes • Resident \$26 / Non-Resident \$31

Tue	10:30–11:30am	May 31–June 14	47987
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Stretch and Tone

This class is designed to transform the body into one of equal balance, strength and flexibility. Target each of your muscle groups and then stretch those muscles in a way that promotes long, lean growth instead of bulk. Restore movement, renew muscles through gentle guidance to get you "active" again.

Location: PKCC • Instructor: Marco Carrabba

**Mondays 6 classes • No class 4/11, 5/30 & 7/4
Resident \$50 / Non-Resident \$60**

Mon	5:20–6:05pm	Apr 4–May 16	47995
Mon	5:20–6:05pm	May 23–July 11	47996

Mondays 5 classes • Resident \$42 / Non-Resident \$50

Mon	5:20–6:05pm	July 18–Aug 15	47999
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Wednesdays 6 classes • No class 4/13

Resident \$50 / Non-Resident \$60

Wed	5:20–6:05pm	Apr 6–May 18	47997
Wed	5:20–6:05pm	May 25–June 29	47998
Wed	5:20–6:05pm	July 6–Aug 10	48000



Yoga Fun for Everyone

You have heard about the benefits of yoga... here's your chance to begin in a relaxed environment. Join this six week class and increase your flexibility, strength, balance and stamina. Sally Rodich, will teach you to broaden your knowledge of the practice and take yoga seriously while still having fun. End each class with a 10 minute relaxation to soothe your mind and relieve stress. All levels welcome. This class likes to laugh and have fun!

Mondays 6 classes • Location: PKCC

No class 5/2, 5/30 & 7/4 • Resident \$60 / Non-Resident \$72

Mon	5:30–6:30pm	Apr 4–May 16	48054
Mon	5:30–6:30pm	May 23–July 11	48055

Mondays 5 classes • Location: PKCC

Resident \$50 / Non-Res \$60

Mon	5:30–6:30pm	July 18–Aug 15	48058
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Wednesdays 6 classes • Location: PKCC

No class 5/4 • Resident \$75 / Non-Resident \$90

Wed	5:30–6:45pm	Apr 6–May 18	48056
Wed	5:30–6:45pm	May 25–June 29	48057
Wed	5:30–6:45pm	July 13–Aug 17	48060

See page 71 for more
Daytime Yoga classes!